

# Heart-to-Heart



Hello Fellow HeartCycle Members,

The first HeartCycle tour of 2024 (Spring Training in Texas Hill Country) is successfully in the books, and the lucky riders heading to Portugal for the “West Coast and Algarve” tour are in for a real treat in April! I’d like to share some news regarding changes to the Board of Directors. HeartCycle President Jim Bethell has stepped down from the board. His company is developing a new product line that will take up much of Jim’s time both at home and abroad. We wish Jim well in this venture, and we all need to thank him for his many contributions to HeartCycle over the last 33 years as both a tour leader and board member. He has led too many wonderful HeartCycle tours to count, and his leadership in many capacities has been impactful.

The board has asked me to take over the President’s position for the remainder of Jim’s term. As I pondered this new opportunity to serve our club, I recounted the many wonderful cycling adventures that Polly and I have shared with so many of you since 1996. Our love for cycling and adventure travel have provided us with great times and wonderful memories. More importantly, HeartCycle has given us wonderful opportunities to foster lasting friendships among like-minded people! It became clear to me that it was time to “up” my commitment to this club that means so much to us. I hope to serve you well.

Other board changes are as follows:

- Janet Slate has agreed to step in as Co-Tour Director with Judy Siel in developing the 2025 tour schedule.
- Laura Davis is taking over Janet’s current role as Secretary.
- Scott MacCormack is replacing Jim Bethell as Webmaster.

I want to thank our board members, working members, tour leaders, and SAGs for their tireless efforts creating and implementing tours that are both fun and challenging. Without people willing to step up and “give back,” we wouldn’t have a club that’s been in existence for 45 years. We can always use fresh faces to lead new tours or run tours that have been successfully run in the past. Please reach out to Judy Siel ([judy.siel@gmail.com](mailto:judy.siel@gmail.com)) or Janet Slate ([jslate@totalspeed.com](mailto:jslate@totalspeed.com)) if you’d like help in creating a tour in the future.

May your intersections always show green lights!

Mark Lestikow

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## The Board of Directors

**Mark Lestikow** (303) 919-0426 (2024)  
President - [president@heartcycle.org](mailto:president@heartcycle.org)

**Janet Slate** (303) 683-6128 (2025)  
Assistant Tour Director

**Alan Church** (303) 489-1789 (2024)  
Treasurer

**Laura Davis** (970) 581-1361 (2024)  
Secretary

**Cindy Dore** (303) 249-3718 (2025)  
Recruitment

**Ron Finch** (303) 656-5573 (2025)  
Safety Coordinator & Insurance

**Rita Kurelja** (970) 231-7163 (2025)  
Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Scott MacCormack** (720) 939-6099 (2025)  
Webmaster, Special Projects

**Judy Siel** (720) 519-9401 (2024)  
Tour Director - [tourdiretor@heartcycle.org](mailto:tourdiretor@heartcycle.org)

## Working Members

**Richard Crocker** (520) 539-8019  
Asst. Registrar - [registrar@heartcycle.org](mailto:registrar@heartcycle.org)

**Graham Hollis** (720) 323-6479  
Asst. Treasurer

**Jeff Messerschmidt** (303) 904-0573  
Sag Supply Manager

**Dan Palmquist** (303) 638-2535  
Sag Vehicles

**Jimmy Schroeder** (260) 450-2007  
Ride with GPS Coordinator

**Barry Siel** (303) 434-1947  
Newsletter Editor

## Tour Director Musings

Whenever I head out for a bike ride, I always check my average speed. Is this a habit or do I really care how fast I'm going? I have never been a fast cyclist or on Strava or set a personal best or recorded my details, but I always check that average speed. It's one of the simple realities of getting older that ride times just get longer. Should I chuck my bike computer into the trash and just ride for the joy of movement, seeing my surroundings instead of checking the Garmin details? Maybe. I'm not ready for the recliner or the old person's home yet. So I should just "Let it go. Let it go..."

Whether you measure your rides in quality or quantity, HeartCycle would love to see you on a tour this year.

Check our website for the updated tour list and openings. It is not too late to cycle with your HeartCycle friends in 2024 or make new friends and explore some new roads with HeartCycle.

Hope to see you on the road soon,

Judy Siel, Tour Director



## WHY YOU SHOULD LEAD A HEARTCYCLE TOUR

HeartCycle is a bicycle touring club. If you are reading this in the newsletter, then you are a member who has probably been on a few of the club's tours. As a club, we depend on our members to keep the club operating, but also to keep it vital and fresh. While a member contributes to the club by renewing his or her membership, and by participating in tours, the club also relies on some members to go a bit further, by performing tasks important to the club, such as editing and distributing the newsletter, looking after the Sprinter, serving on the Board, and leading or sagging a tour. Leading a tour is one of the most important contributions a member can make to the club.

Each year, the club assembles an exciting menu of tours for the following season. Club members at the annual meeting in October look forward to the announcement of the upcoming tours. The tours are integral to the club's *raison d'être*. We are not a commercial bike tour company: the club's tour directors work hard to make the tour offerings fresh, interesting and attractive to members, and non-repetitive from year to

offerings fresh, interesting and attractive to members, and non-repetitive from year to year. This is harder to do than it might look. As many members have ridden extensively in Colorado, the club in recent years has offered fewer Colorado-based tours each year, and more out-of-state and international tours. It requires more effort to plan a tour that isn't in our back yard. The club benefits from new ideas about tour concepts and from broader participation in tour leadership. It is better for us not to rely on a handful of tour leaders, or to ask the same people to lead too many tours season after season.

**Here are eight reasons why you should lead a tour:**

1. You can ride the tour you want and when you want – because you are planning and leading it.
2. You make the club better by contributing and volunteering.
3. It's gratifying to see other members appreciate and enjoy a tour you are leading.
4. You make new friends.
5. If you lead a tour, your registration fee is waived.
6. If you lead a tour, you earn a registration priority on a future HC trip.
7. If you lead a tour, you earn a discount on a future HC trip.
8. You gain renewed appreciation for the work and organization that go into a staging a bicycle tour.

If you have never led a tour, start by co-leading with someone more experienced. The Club has developed a tour leader's manual with guidance on many of the issues faced on tour. Our Tour Director Judy Siel and Assistant TD Janet Slate, both experienced tour leaders, stand ready to help train new tour leaders, as do other members who have led tours.

Contact Judy at [bjsiel@msn.com](mailto:bjsiel@msn.com) or Janet at [jslate@ultrasys.net](mailto:jslate@ultrasys.net) to get your tour on the 2025 tour schedule.

Hello fellow bikers,

One of the changes with Jim Bethell leaving the Board is that someone had to pick up the webmaster duties. That someone is me, Scott MacCormack. I retired 8 years ago from managing IT infrastructure for decades and it looks like I am now back in the IT business, at least in a semi-retirement role. (You will notice that I didn't use the "w\_k" word, as that is a 4 letter word to me!) If you are having a problem or issue with the website, you can notify me by clicking on the [webmaster@heartcycle.org](mailto:webmaster@heartcycle.org) button that pops up here and there in the HeartCycle website. You can also directly email me at [samaccormack@gmail.com](mailto:samaccormack@gmail.com) or text me at 720 939 6099.

It's a pretty complex world I have inherited so please be patient with any requests that you make to me in regard to issues you are having. I will try and resolve them within 24 hours as I ramp up my knowledge of the anatomy and physiology of the website, but like you all, sometimes I am out on a tour, traveling around perhaps with limited access to the internet, and may not get to things as fast as you or I would like.

On a larger view beyond fixing something for you that isn't working quite right, if you have something you would like to see on our website, or a suggestion or two about how to make the site easier to use or more attractive to potential users - really any enhancements you would like us consider - please email your specific ideas to me as I am collecting these thoughts and starting the planning process for the next version of the website. Any graphic images, perhaps screenshots from other websites, or any other clever ways to convey a specific change you would like to see would be very helpful. At some point I will compile these ideas and, working with our talented web consultant, will start the process of building the next version.

Thanks much for your patience as I start my new j\_b as your webmaster!

See you on the road,



# Colorado HeartCycle 2024 Tours

## Spring Training in Texas Hill Country

### Fredericksburg, Texas

March 15 - 22 Status: Complete  
 6 days, Int./Adv. \$1,900.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Tina Vessels, [tina.vessels@gmail.com](mailto:tina.vessels@gmail.com)

## Springtime in the South Bay Area

### Campbell, California

May 19 - 25 Status: Open  
 6 days, Advanced \$1,900.00  
 Carol Fredrickson, [swmcarol@yahoo.com](mailto:swmcarol@yahoo.com)  
 Janet Slate, [jslate@ultrasys.net](mailto:jslate@ultrasys.net)

## Portugal: West Coast & Algarve

### Lisbon, Portugal

April 7 - 17, 2024 Status: Closed  
 11 days, Intermediate \$4,900.00  
 Judy Siel, [judy.siel@gmail.com](mailto:judy.siel@gmail.com)

## Explore the Door in '24

### De Pere, Wisconsin

June 2 - June 9 Status: Open  
 8 days, Intermediate \$2,000.00  
 Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)  
 Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

## Paso Robles Wine Country

### Paso Robles, California

April 13 - 20 Status: Waitlist  
 6 days, Int./Adv. \$2,000.00  
 Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
 Helayn Storch, [helaynstorch@hotmail.com](mailto:helaynstorch@hotmail.com)

## Bike & Barge Beautiful Belgium

### Bruges, Belgium

July 20 - 27, 2024 Status: Open  
 7 days, Easy/Int. \$2,150.00  
 Rita Kurelja, [ritakurelja@hotmail.com](mailto:ritakurelja@hotmail.com)

## Underground Railroad Year 1

### Mobile, Alabama

April 27 - May 12 Status: Open  
 14 days, Int./Adv. \$2,840.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)

## Basalt & Aspen - Road & Gravel Tour

### Basalt, Colorado

July 24 - 28 Status: Open  
 4 days, Int./Adv. \$1,100.00  
 Ron Finch, [blouie-rfinch@comcast.net](mailto:blouie-rfinch@comcast.net)  
 Robin Heil, [heikrobin1@gmail.com](mailto:heikrobin1@gmail.com)

## Balkan Quartet

### Tirana, Albania

May 17 - 31, 2024 Status: Waitlist  
 14 days, Int./Adv. \$2,600.00  
 Lisa Evans, [lceski@comcast.net](mailto:lceski@comcast.net)

## Puget Sound Island Hopping

### La Conner, Washington

August 3 - 11 Status: Waitlist  
 7 days, Int./Adv. \$2,560.00  
 Cindy Alvarez, [sindelou@cox.net](mailto:sindelou@cox.net)  
 Helayn Storch, [helaynstorch@hotmail.com](mailto:helaynstorch@hotmail.com)

# Colorado HeartCycle 2024 Tours

## Over Hill & Dale, NW Vermont

### **Burlington, Vermont**

August 17 - 24                      Status: Open  
 7 days, Int./Adv.                      \$1,700.00  
 Jim Bethell, [bethell.jim@verizon.net](mailto:bethell.jim@verizon.net)  
 Gail Golderman, [goldermg@union.edu](mailto:goldermg@union.edu)

## West Virginia

### **Charleston, West Virginia**

Sept. 21 - 28                      Status: Open  
 7 days, Advanced                      \$1,600.00  
 Jim Schroeder, [jimmyschweb@gmail.com](mailto:jimmyschweb@gmail.com)  
 Kurt Arehart, [klarehart@gmail.com](mailto:klarehart@gmail.com)

## Tuscany

### **Florence, Italy**

Sept. 5 - 18, 2024                      Status: Open  
 13 days, Intermediate                      \$3,550.00  
 Cindy Dore, [cdorecycle@gmail.com](mailto:cdorecycle@gmail.com)

## Le Monastere in Southern France

### **Limoux, France**

Sept. 28 - Oct. 5                      Status: Waitlist  
 7 days, Int./Adv.                      \$3,100.00  
 Guy Kelley, [guy.kelley@comcast.net](mailto:guy.kelley@comcast.net)

## Black Hills of South Dakota

### **Custer, South Dakota**

Sept. 7 - 13                      Status: Open  
 6 days, Int./Adv.                      \$1,600.00  
 Judy Siel, [judy.siel@gmail.com](mailto:judy.siel@gmail.com)  
 Barry Siel, [bsiel03@gmail.com](mailto:bsiel03@gmail.com)

